

THIS WEEK AT THE MADELEINE

Furthering the Reign of God, Where All Are Welcome • February 18–19, 2023

Renewed and Redeemed

Lent, Triduum & Easter at The Madeleine

Lenten Faith Groups

www.themadeleine.edu/faith-sharing

▶ 6-week Lenten study during this penitential season. Details Page 3.

Ash Wednesday

February 22 † 8:00 am † 1:15 pm † 6:30 pm • Main Church

▶ Mass and distribution of ashes.

Stations of the Cross

Fridays, Feb. 24, March 3, 10, 17, 24, 31

† 11:30 am • Main Church

Adoration

Tuesdays, February 28, March 7, 14, 21, 28, April 4 † 9:00 am

Daily Mass Times

† 8:00 am—Tues., Weds., Fri.

† 2:00 pm—Thursday School Mass

Horticulturist Annalise Michaelson

Tues., February 28 † 6:30 pm • Old Church

▶ “Ecological Conversion: Cultivating Creation with Native Plants.” Details on Page 2.

Celtic Song & Prayer

Thursday, March 9 † 6:30 pm •

The Old Madeleine Church

▶ Irish music is both joyful and sorrowful—the perfect complement to our Lenten journey. Join The Madeleine Choir in a contemplative evening of sacred Celtic music, poems, and prayer.

St. Patrick’s Day Dinner

Saturday, March 11 † 6:00 pm • Parish Hall

▶ Sponsored by the Knights of Columbus. Details Page 3.

Passion (Palm) Sunday

Weekend of April 1-2

† Saturday, 5:00 pm & Sunday, 8:00 am—Gather in front of Main Church.

† Sunday, 10:00 am—Please gather 15 minutes early in the Parish Hall turnaround to join the procession.

Chrism Mass

Mon., April 3 † 7:00 pm • St. Mary’s Cathedral

Tenebrae

Friday, April 7 † Noon • Main Church

▶ A beautiful liturgy that meditates on Christ’s suffering.

Seventh Sunday in Ordinary Time

Today’s readings make even more difficult demands on us regarding our behavior as Christians. We live in a culture where there is so much rhetoric about protecting oneself and one’s property, about guns and gated communities. How do we reconcile this with Jesus’ call to turn the other cheek and love one’s enemy? What does it take to embrace these teachings, which many of us — quite honestly — find foolish?

PRAY FOR OUR FAITHFULLY DEPARTED

- ▶ Dolores Seybold—Funeral March 4, 11:00 am
Rosary 10:30 am
- ▶ Christie Kmetz—Funeral March 11, 11:00 am
Rosary 10:30 am
- ▶ Pam Wiggin—Funeral March 29, 10:00 am
- ▶ Herman Schnidrig ▶ Claire Howe
- ▶ Alan Morrill ▶ Jesse Kissinger

PRAYER REQUESTS

For those who are ill, or in need of our prayers

- ▶ Mason Lugar ▶ Chadd Garvens

WORSHIP & PRAYER

- 02/21, Tues. Debbie Laskowski
- 02/22, Weds 8:00 am Alan Morrill †
1:15 pm Alan Morrill †
6:30 pm Jesse Kissinger †
- 02/23, Thurs Debbie Laskowski
- 02/24, Fri Roger Ethier †
- 02/25, Sat Pat Leary
- 02/26, Sun, 8:00 am . . . The Madeleine Community
10:00 am Jan Sheahan †

Lenten Reflections books!

Once again this year, Marilyn Robb has put together our Lenten book, “Renewed and Redeemed,” with reflections by our own community...clergy, parishioners, staff and students. Printed copies in the church; downloads at

www.themadeleine.edu/lent



Calendar This Week

SUNDAY, FEBRUARY 19

8:00 am: Mass—Church

10:00 am: Mass—Church  **ALSO LIVESTREAMS**

MONDAY, FEBRUARY 20

► Presidents Day—No School/Parish Office Closed

6:30 pm: FA Meeting—Fireside Rm

TUESDAY, FEBRUARY 21

► No School—Inservice

8:00 am: Mass—Church

9:00 am: Adoration—Church

6:30 pm: Madeleine Book Club—Fireside Rm

WEDNESDAY, FEBRUARY 22

► Ash Wednesday

8:00 am: Mass—Church

1:15 pm: Mass—Church

6:30 pm: Mass—Church

7:00 pm: 45th Parallel Concert—Old Church

7:30 pm: Madeleine Choir—Church

THURSDAY, FEBRUARY 23

8:00 am: Mass—Church

10:00 am: Madeleine Book Club—Fireside Rm

FRIDAY, FEBRUARY 24

8:00 am: Mass—Church

11:30 am: Stations of the Cross—Church

SATURDAY, FEBRUARY 25

5:00 pm: Mass—Church

SUNDAY, FEBRUARY 26

8:00 am: Mass—Church

10:00 am: Mass—Church  **ALSO LIVESTREAMS**

2:00 pm: RCIA Rite of Election—Cathedral

SAVE THE DATE

► **Ash Wednesday:** February 22

► **Ecological Conversion Presentation:** February 28

► **St. Patrick's Day Dinner:** March 11

► **Fish Fry:** April 21

► **Wine Tasting:** August 26

► **Parish Picnic/Oktoberfest:** October 8

► **Madeleine Marketplace:** December 7

PARISH LIFE

LENTEN RICE BOWLS

Each Lent, Catholic families across the country unite to put their faith into



action through prayer, fasting and almsgiving. Through CRS Rice Bowl, families learn about how our sisters and brothers across the globe overcome hardships like hunger and malnutrition, and how through Lenten alms, we have the power to make the world a better place for all.

Rice Bowls are available in the church beginning Ash Wednesday. Please be generous during Lent, then return them to the church on Holy Thursday.

BOOK CLUB NEWS

We cordially invite you to join our reading group. We enjoy a wide variety of excellent books over the course of the year, meeting monthly for discussions. For details, to be added to our email list, or to submit a prayer request to our group, please contact our MBC ministry coordinator: Gretchen Stevenson, gypsyfrau47@yahoo.com or 503-312-6834.

LENTEN FASTING & ABSTINENCE

From the Archdiocese: *Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards. Members of the Eastern Catholic Churches are to observe the particular law of their own sui iuris Church. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection. Archbishop Sample has granted a dispensation from the obligation of abstinence on Friday 17th March 2023, the optional memorial of St. Patrick.*

"ECOLOGICAL CONVERSION" WITH ANNALISE MICHAELSON

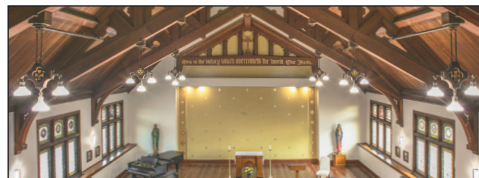
Tuesday, February 28, 6:30 pm • The Old Madeleine Church

Please join Horticulturalist Annalise Michaelson for a provocative discussion about creative ways for integrating faith and spirituality in the context of gardening and the use of native plants.

Come learn more about the Eco-Spirituality movement and Annalise's inspiring story. You will come away with

unique ideas for transforming your personal gardens and hear about the exciting plans she has for our parish grounds. More about Annalise at www.themadeleine.edu/c4c

If you are interested in joining a working group to help plan for the enhancement of our parish property, email Annalise, annalise.saintkateri@gmail.com



Upcoming Concerts

Performances in The Old Madeleine Church unless noted

► **Feb. 22, 7:00 pm** • 45th Parallel Universe • Treasures of the Baroque • 45thparallelpdx.org

► **March 2, 7:00 pm** • 45th Parallel Universe • Illuminations • 45thparallelpdx.org

SAVE THE DATE
APRIL 21 • PARISH HALL

FRIDAY NIGHT FISH FRY AT THE MADELEINE
ALL YOU CAN EAT - APRIL 21, 5:30 PM

Fantastic Fish, Family Fun
WWW.THEMADELEINE.EDU/FISHFRY



In today's Gospel, Jesus challenges us by saying: "You must be perfect as your heavenly Father is perfect." Last month, through your gifts, the Society of St. Vincent de Paul was able to assist 24 families, providing \$698 in food and gift cards, \$865 for utility and rent bills. Thank you!
—Mary Clare O'Brien, 503-309-7639

LENTEN FAITH SHARING GROUPS SCHEDULED. JOIN ONE!

Beginning the week following Ash Wednesday, parishioners and friends are invited to participate in a Lenten Faith Sharing Group. You'll meet in groups of 8-12 for about an hour each week and open yourself to the Spirit of God speaking through scripture and each other. Groups are led by fellow parishioners, they meet in homes, the Rectory, the Fireside Room and online, and they follow a loose structure of scripture reading, reflection and prayer together. By listening intently, participants experience a renewed sense of God's call and love, and allow the Spirit of God to open new perspectives on their lives.

The current schedule for the first gathering of Faith Sharing Groups is:

- ▶ Thursday, February 23, 7:00-8:00 pm, Sr. Joan's Home • Led by Srs. Joan and Liz
- ▶ Monday, February 27, 2:30-3:15 pm, Fireside Room • Led by Therese Fenzl

- ▶ Monday, February 27, 6:30-7:30 pm, Hawkins Home • Led by Lisa Hawkins
- ▶ Monday, February 27, 7:00-8:00 pm, Zoom • Led by Therese Fenzl
- ▶ Tuesday, February 28, 7:00-8:00 pm, Rectory Dining Room • Led by Amy Henry
- ▶ Tuesday, February 28, 7:00-8:00 pm, Manzo Home • Led by Marilyn Robb
- ▶ Wednesday, March 1, 7:00-8:00 pm, Rectory Dining Room • Led by Deacon Mike
- ▶ Thursday, March 2, 7:00-8:00 pm, Rectory Dining Room • Led by Fr. John
- ▶ Tuesday, March 7, 7:00-8:30 pm, Albertine Home • Led by Peggy and Dave Albertine

Each group will meet 3-5 times during Lent, usually on the same day of the week and time as the first gathering (you'll decide this together in your group). To sign up for a group, visit www.themadeleine.edu/faith-sharing

Madeleine Knights of Columbus Annual

ST. PATRICK'S DAY DINNER

THE MADELEINE PARISH HALL

SATURDAY, MARCH 11 • DOORS OPEN AT 6:00, DINNER AT 7:00 PM

TAKE-OUT DINNERS 6:00-6:45 PM (prepaid only)

All you can EAT Corned Beef & Cabbage; includes cole slaw & traditional vegetables.

"Pot of Gold" Raffle & Irish Dancing



Tickets \$35 ^{UNDER 12} Kids \$10



Order tickets or take-out at www.themadeleine.edu/st-pats

Or Contact Trieu Nguyen 503-720-0155 or John Wynn 503-309-4170

Proceeds to benefit Mother & Child Education Center and Madeleine Scholarship Fund

45TH PARALLEL UNIVERSE

Join us for these upcoming concerts at the Madeleine!

"Learn all there is to learn, then choose your own path."

- G.F. Handel



TREASURES OF THE BAROQUE

Friends of Greg
February 22 | 7:00 pm
The Madeleine

"Music fathoms the sky!"

- Charles Baudelaire



ILLUMINATIONS

45th Parallel Musicians
March 2 | 7:00 pm
The Madeleine

For tickets and information
45thparallelpdx.org



WEEKLY MASS TIMES

Regular Mass Times:

Tuesday, Wednesday, Friday 8:00 am
Thursday No School: 8:00 am
During School: 2:00 pm
Saturday Vigil 5:00 pm
Sunday 8:00 am, 10:00 am

▶ Livestream 10:00 am Sunday
at youtube.com/themadeleineparish

Penance By appointment; call Parish Office

PARISH OFFICE

Hours Monday-Friday, 10:00 am-3:00 pm

Phone: 503-281-5777 **Fax:** 503-281-0673

School Office. 503-288-9197

PARISH STAFF

Rev. Mike Biewend—Pastor
fathermike@themadeleine.edu ext. 111

Deacon Mike O'Mahoney—Permanent Deacon
deaconmike@themadeleine.edu

Carol Glasgow—School Principal
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John Garrow—Business Manager
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My Schoning—Assistant Business Manager
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Darlene Maurer—Pastoral Assistant
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Maria Manzo—Director of Music
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Guy Allen—Events Manager
gallen@themadeleine.edu

Mary Prusso—Registration
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Julie Kupers—Special Events
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Janeen Reilly—Parish Administrator
jreilly@themadeleine.edu ext. 110

Terry Silva—Facilities Support
tsilva@themadeleine.edu ext. 117

Rich Hammons—Director of Communications
rhammons@themadeleine.edu ext. 129

SACRAMENTS

Marriages, Funerals, Anointing of the Sick—Fr. Mike ext. 111

Infant Baptism—Darlene Maurer ext. 125

First Reconciliation, First Eucharist—Rose Horton sac-prep@themadeleine.edu

RCIA—Christi Bohmbach, rcia@themadeleine.edu

Confirmation—Fr. Mike ext. 111

COUNCILS & CONTACTS

Pastoral Council—Meg Scharle

Finance Council—Jim Jones 503-284-3301

Buildings & Grounds—Erin Couch 503-281-9575

School Advisory—Tim Resch 503-984-46072

Facility Requests—themadeleine.edu/facilities

Maintenance Requests—John Garrow
jgarrow@themadeleine.edu ext. 118

St Vincent de Paul (Food, utility, rent assistance)
Mary Clare O'Brien 503-309-7639

Ministry Schedule
www.themadeleine.edu/minister-schedule

Bulletin submissions due 5:00 pm Tuesday.
Email to bulletin@themadeleine.edu

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

STORY OF HOPE

WEEKLY INTENTION

DID YOU KNOW?

REFLECTION

ACT

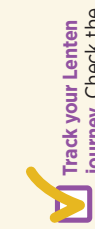
MEATLESS FRIDAY

LEARN

OUR FATHER,

As we begin Lent, let our hearts be filled with your Spirit so that we may grow deeper in your love. May our prayer lead us to a sincere desire to be close to you. May fasting help us rely on you and transform us into better people. May our almsgiving be a chance to serve our one human family around the world.

AMEN



Track your Lenten journey. Check the box each day as you complete your reflection!

When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.



BEGIN YOUR JOURNEY FEBRUARY 22

This Lent, let's stand shoulder to shoulder with our global family in Christ to ensure all people can reach their God-given potential.

Write your Lenten promise on your CRS Rice Bowl.



Ash Wednesday

WEEK 1

26 This Lent, we'll meet families in Honduras, the Philippines and Kenya who are overcoming challenges through hard work, perseverance and sacrifice.

Read this week's story at csrricebowl.org.

27 We pray for our planet, our family. May we recognize how our actions affect the environment and people who depend on the land for growing food and earning a living.

Amen

28 Lenten aims to CRS Rice Bowl support CRS' work in more than 100 countries.

GIVE 25 cents for every country you can name in Asia.

MARCH 1

"All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents."

—Pope Francis, Laudato Si', 14

2 Do a few chores today without being asked.

GIVE 50 cents for each chore you did.

3 A typical meatless meal might save your family up to \$15 in groceries.

GIVE the money you save by abstaining from meat to CRS Rice Bowl!

4 Almost one-third of the world's population lives in dry, hot areas where crops can't grow well. Drink only water today.

GIVE \$1 for each drink you gave up that wasn't water.

WEEK 2

5 In Honduras, Rony and Reina are learning new ways to farm so they can grow crops even when there is little rain.

Read this week's story at csrricebowl.org.

6 We pray for Rony and Reina and for all farmers who grow crops in areas with severe weather changes. May they receive the training and resources needed to become more resilient to a changing climate.

Amen

7 The Rio Platano Biosphere Reserve—a protected area of rainforest and mountains in Honduras—is home to many different plants and animals.

GIVE 50 cents for each plant in your home.

8 "I only ask God for the strength to work, to see my children grow up and have a better future."

—Reina, Honduras

9 God calls us to care for creation. As a family, talk about what you could do to care for the Earth.

GIVE \$5 if you cooked dinner as a family.

10 Cooking a meatless meal as a family is a great way to spend time together. Today try Bean Soup with Chayote Squash and Rice, a meatless dish from Honduras.

GIVE \$5 if you cooked dinner as a family.

11 In areas like Honduras that are experiencing more droughts—times of little rainfall—farmers are learning water-smart practices like planting cover crops to protect and restore soil and water resources.

GIVE \$1 for each drink you gave up that wasn't water.

WEEK 3

12 In the Philippines, people like Raul and Rhodora are expanding their farms by raising fish, pigs and chickens so their children and grandchildren can attend school.

Read this week's story at csrricebowl.org.

13 We pray for Raul and Rhodora and for all families. May they have nutritious food on the table each day so that their children and grandchildren can grow, learn and study hard.

Amen

14 The Philippines is made up of over 7,000 islands and has over 175 languages.

GIVE \$1 for each language you can speak.

15 "Aspire not to have more but to be more."

—Saint Oscar Romero

16 Thank your teachers today for helping you learn in school.

GIVE 50 cents for each teacher you thank.

17 Abstaining from meat helps us to practice living more simply. Today try Ginataang Gulay, a meatless recipe from the Philippines.

GIVE the money you save by eating simply to CRS Rice Bowl!

18 A tilapia fish can take over six months to grow from a fingerling—a baby fish—into full size.

GIVE \$1 if you have a pet fish in your home.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

STORY OF HOPE

WEEK 4

19 ☐

In Kenya, people like Rebecca and Lotiang are benefiting from new water wells to care for their livestock and water their crops, ensuring their children can have healthy food to eat.

Read this week's story at crsricebowl.org.

WEEKLY INTENTION

20 ☐

We pray for Rebecca and Lotiang and for all communities who live in hot, dry areas, that they can have easier access to clean water for drinking and for growing crops.
Amen

DID YOU KNOW?

21 ☐

Kenya is filled with exciting wildlife. On a safari, you might spot lions, elephants, zebras or giraffes.
GIVE 50 cents for each animal in your house.

REFLECTION

22 ☐

"The natural environment is a collective good, the [property] of all humanity and the responsibility of everyone."
—Pope Francis, Laudato Si', 95

ACT

23 ☐

Fresh water is a valuable resource that everyone needs to live. Take a shorter shower today to help conserve water.
GIVE 50 cents for each minute of your shower.

MEATLESS FRIDAY

24 ☐

Abstaining from meat helps us trust in God for the things we need. Today try Mukimo, a meatless recipe from Kenya.
GIVE the money you save by eating simply to CRS Rice Bowl!

CATHOLIC TEACHING

25 ☐

Producing bottled water sends 2.5 million tons of carbon dioxide into the air each year and uses valuable natural resources. Make a plan with your family to use refillable water bottles instead of bottled water.

WEEK 5

26 ☐

Families in Honduras, the Philippines and Kenya are building a hopeful future for themselves and giving their children an opportunity to reach their full potential.

Read this week's story at crsricebowl.org.

27 ☐

We pray for the families we met in Honduras, the Philippines and Kenya, and for our global family. May all people live with dignity as children of God.
Amen

28 ☐

Kenya is famous for the massive flocks of pink flamingos that gather on the shores of Lake Nakuru.
GIVE \$1 in thanksgiving for the wonder and beauty of all God's creatures.

29 ☐

"As a community, we have an obligation to ensure that every person lives with dignity and has sufficient opportunities for his or her integral development."
—Pope Francis, Fratelli Tutti, 118

30 ☐

Begin your day with a spirit of gratitude. Write a list of all the things you are grateful for.
GIVE 25 cents for each item on your list.

31 ☐

Abstaining from meat helps us be more aware of the needs of others.
GIVE the money you save by eating simply to CRS Rice Bowl!

APRIL 1 ☐

Eating colorful fruits and vegetables keeps us healthy and gives our brains a boost so that we can do well in school.
GIVE 50 cents for each vegetable or fruit you ate today.

HOLY WEEK

2 ☐

Palm Sunday marks the beginning of Holy Week. What have you learned on your Lenten journey so far? How will you walk with Jesus this week?

Reflect on this sacred week at crsricebowl.org/holy-week.

✦ **Palm Sunday**

3 ☐

We pray for our sisters and brothers around the world, especially for people who are most vulnerable. May we be moved to put our faith into action and build a more just world for all.
Amen

4 ☐

During Holy Week, one tradition in Honduras is to fill the street with carpets of colored sand that are made into pictures of Jesus.

5 ☐

The word passion means suffering. Reflect on the Passion of Jesus to remember how much God loves us and how we can show that love to others in our community and around the world.

6 ☐

In the Philippines, Holy Week is a reflective time to remember the suffering of Jesus through prayerful processions and plays. Spend five minutes in prayer today meditating on Jesus' love and sacrifice.

7 ☐

Today, Catholics from the ages of 18 to 59 are asked to fast and abstain from eating meat to remember Jesus' sacrifice on the cross. What other sacrifices can you make today?

8 ☐

Growing a garden refreshes our spirit and brings a sense of peace. As you patiently await the resurrection of Jesus, try planting something inside or outside today.

✦

Holy Saturday

✦

Good Friday

✦

Holy Thursday

9 ☐

Jesus Christ is risen today! Alleluia! May this joyful day inspire us to put our faith into action and transform our world so that all people can live with dignity.

✦ **Easter Sunday**

Don't forget to turn in your CRS Rice Bowl to your parish or school—or give online at crsricebowl.org/donate.

Thank you for changing lives this Lent!

As we rejoice during this Easter season, let us continue to follow in the footsteps of Jesus. May our Lenten prayers, fasting and almsgiving enable us to love more deeply and serve others as one family in Christ.





LENT

THE BASICS

WHAT IS LENT?

Lent is the annual preparation for Easter observance—calling us to reform our lives and to open our hearts to the blessings God has promised to bestow on us. Lent begins Ash Wednesday and ends on Holy Thursday evening when the Triduum begins.

WHAT MUST I DO?

According to the Church's Canon Law, all healthy Catholics from age 18 to 59 are required to fast and abstain from meat on Ash Wednesday and Good Friday, and to abstain from meat on all other Fridays of Lent. Fasting is a bodily way to remind ourselves that we need God above all things. Fasting is also a sacrifice, a gift back to God of our heart's intent to depend more completely on God.

WHAT SHOULD I DO?

Take the necessary steps to get yourself on the road to conversion and spiritual renewal. To help you do this, the three main Lenten disciplines urged are prayer, fasting and almsgiving. We are invited during Lent to practice these disciplines often. But these aren't just chores we must do because the Church strongly urges them; they are above all opportunities to grow in faith and in love for God.

WHY PRAYER, FASTING AND ALMS?

The Lenten basic practices of prayer, fasting and almsgiving are rooted in Jesus' original guidance about how to be his disciples that we find in the Sermon on the Mount (Matthew chapter 5–7). *The Catechism of the Catholic Church* (#1966–1972) also reminds us that Jesus here outlines for us the new law which, if we embrace and implement it, will lead us more surely to the interior renewal and growth in holiness and perfection that Jesus expects of us as his disciples.

SHOULD I SET LENTEN GOALS?

Yes. Reflect prayerfully about your Lenten resolutions before making them. Then make yourself a list. But be modest. You may be setting yourself up for disappointment if you set unrealistic goals. And doing a little with love and devotion is spiritually more beneficial than trying to do much but doing it halfheartedly.

THE SYMBOLS OF LENT

Colors: Violet is the usual color for Lent, symbolizing repentance. Red on Good Friday relates to Jesus death, while white is the color for Easter.

Ashes placed on the forehead hint at an ancient ritual—covering oneself with ashes in penitence. Receiving the cross shaped “smudge” reminds us that we are dust and is a public statement of repentance. Usually the ashes are from the previous year’s Palm Sunday branches, illustrating the circle of the Church Year.

The **Forty Days of Lent** parallel the 50 days which Jesus spent in fasting and prayer in the wilderness.

Palm branches in ancient times signified victory and were used in triumphal processions by Romans and Jews.

The **Paschal or Easter Candle** is a large, decorated and dated candle, lit each year at the Easter Vigil bonfire and then carried into the darkened church. Standing for the risen Savior who is the light of the world, it is then displayed prominently at services and baptisms during the year.

Pretzels had their origin in early Christian Lenten practice. Made from simple dough which has no dairy or fat, pretzels remind us of fasting and, shaped like two arms crossed, of prayer.

A **fish** is a Lenten symbol for the obligation to fast on Ash Wednesday and Good Friday and to abstain from all flesh meat on every Friday in Lent.

Stones remind us of Jesus’ experience in the desert for forty days and being tempted by the devil. Jesus remained steadfast and overcame the temptations. The stones symbolize austerity and rigor, desolation, misery and sadness.

MORE ABOUT THE THREE BASIC LENTEN DISCIPLINES



Fasting: Expresses our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God. Knowing this we are freed to gratefully accept food and savor it, or to avoid or limit foods that we know are unhealthy for us. Through fasting, our relationship to ourselves is reoriented toward God.



Almsgiving: Provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love for God and for others. Almsgiving is a way of bringing our relationship to others into the orbit of Christ’s love.



Prayer: Changes our relationship to God. Through prayer, we admit our need for a power that is greater than ourselves. We acknowledge our limitations and let go of the drive to control everything. In the process, we open ourselves to all that God has to offer us.



WHY DOES LENT SEEM SO NEGATIVE?

Starting with the somber symbol of ashes, Lent indeed has its negative side, in part because Lenten discipline aims to make us aware of our own weakness and need for conversion and renewal. We won’t seek a doctor if we don’t know we’re sick. We won’t seek help unless we realize how much we need help. But the purpose of Lenten discipline isn’t negative. Self-denial is necessary, said St. Augustine, because, unless we can give up what is good, many of us cannot avoid committing evil when tempted. Self-denial helps us empty ourselves so that we can be filled with God, helps us hunger and thirst for the food and drink our souls need. We freely give up good for the promise of something better. We should not undertake Lenten disciplines as if by themselves they heal us, make us holy or earn God’s favor. Rather, their purpose is to open our hearts so that the Holy Spirit can work in us.

READINGS FOR LENT 2023

Ash Wednesday: Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18

1st Sunday: Genesis 2:7-9, 3:1-7; Romans 5:12-19; Matthew 4:1-11

2nd Sunday: Genesis 12:1-4; 2 Timothy 1:8-10; Matthew 17:1-9

3rd Sunday: Exodus 17:3-7; Romans 5:1-2, 5-8; John 4:5-42

4th Sunday: 1 Samuel 16:1, 6-7, 10-13; Ephesians 5:8-14; John 9:1-41

5th Sunday: Ezekiel 37:12-14; Romans 8:8-11; John 11:1-45

Palm Sunday: Matthew 21:1-11; Isaiah 50:4-7; Philippians 2:6-11;
Matthew 26:14—27:66

Holy Thursday: Exodus 12:1-8, 11-14; Corinthians 11:23-26; John 13:1-15

Good Friday: Isaiah 52:13—53:12; Hebrews 4:14-16 and 5:7-9; John 18:1—19:42

Easter Vigil: Genesis 1:1—2:2; Genesis 22:1-18; Exodus 14:15—15:1;
Isaiah 54:5-14; Isaiah 55:1-11; Baruch 3:9-15, 32—4:4;
Ezekiel 36:16-17a, 18-28; Romans 6:3-11; Matthew 28:1-10



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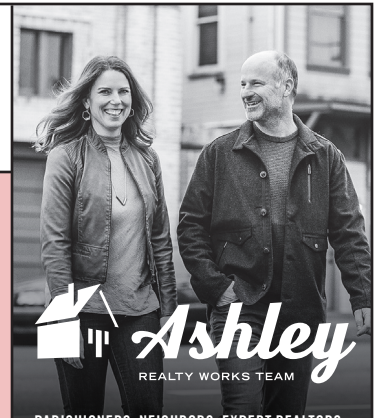


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